



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

Gronenborn, Jens

00: sunways

00: 192

00: 5.00 km

sunways 5-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 27:56

00: 10.74 km/h

0000: 05:35 min/km

00000/000: 37 (of 76)

00000/0: 26 (of 45)

000000: 17:06

00000: 3(of 5)

0000000: 22:57

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	0.44	2:31	5:43	5	0:42	36	1:04	0.44	2:31	5:43	3	0:42	4	0:15
00 2	2.08	11:39	5:36	3	2:30	28	4:47	2.52	14:10	5:37	3	3:12	4	
00 3	2.08	11:34	5:33	2	1:28	22	4:16	4.60	25:44	5:35	3	4:40	4	
000 00	0.41	2:12	5:21	2	0:19	25	0:48	5.00	27:56	5:35	3	4:59	26	10:50